

How-To Make Pan Sushi

by Michelle Ruiz

Ingredients:

- sushi rice
- krabmeat (or tuna or salmon)
- mayo
- diced cucumber
- diced avocado
- sesame seeds or everything bagel seasoning
- seaweed snack sheets

Instructions:

1. Mix your krabmeat/tuna/salmon with mayo, just enough to moisten.
2. In your pan, layer ingredients as follows: sushi rice, krabmeat, sushi rice, cucumber and avocado.
3. Sprinkle with sesame seeds or bagel seasoning.
4. To eat, scoop some of the pan sushi onto a piece of seaweed snack and roll it up. Or, scoop some onto a plate and use seaweed like a tortilla.

